







JUNE 22-23 2019







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Hackensack Meridian Health is committed to keeping your health on track.

Visit us at **The Blue Point Club** to get your GamePlan for Health and meet members of our world-class health care team and Giants legends.



JUNE 22 & 23

Call 844-HMH-WELL or visit
HackensackMeridianHealth.org/Expo
to get your GamePlan for Health.





WELCOME / BIEVENIDOS



Welcome!

NBC 4 New York is thrilled to team up with the New York Giants and our sister station Telemundo 47 for the seventh annual Health & Fitness Expo, presented by Quest Diagnostics. Together, we hope to inspire you to get and stay healthy.

Get free health screenings from Quest Diagnostics at the MetLife 50 Club. Experience MetLife Stadium like never before: walk the field, tour the locker rooms, and even shake hands with a New York Giant! Be sure to stop by the NBC 4 and Telemundo 47 Village to say hello to all your favorite anchors and reporters, plus get an up-close look at our custom-built StormRanger 4 and StormChaser 4.

Thank you to all our sponsors, non-profit partners, health and fitness professionals and volunteers who have joined us this year.

Have a wonderful weekend filled with fun and fitness!

Eric Lerner NBC 4 New York President & General Manager



NOTICE: YOU MAY BE VIDEOTAPED OR RECORDED. Please be advised that WNBC and WNJU, television stations owned by of NBCUniversal Media, LLC ("NBCUniversal"), are taping the WNBC/ Telemundo47 Quest Diagnostics Health and Fitness Expo (the "EXPO") for a broadcast television program. Your entrance into the EXPO area will serve as a voluntary grant to NBCUniversal of the right to photograph your image and record your voice, and to own, license, assign and/or use the same (and/or any portion thereof) forever and throughout the world in any manner and/or media including, without limitation, in NBCUniversal and other programming and the advertisement and promotion thereof. You will not receive any payment for such use and waive any right to bring any action in law or equity against NBCUniversal, New York Giants, New Meadowlands Stadium Company LLC, its parent and related companies, subsidiaries (whether or not wholly-owned), affiliates, divisions, and their past, present and future officers, agents, representatives, employees, successors and assigns for such use. If you do not agree to the above terms and do not wish to be taped as part of the program, please do not attend the EXPO where filming is taking place.

AVISO: Está siendo Filmado o Grabado. Favor de tener en cuenta que WNBC y WNJU, estaciones de televisión de NBCUniversal Media, LLC ("NBCUniversal"), Están filmando y/o fotografiando el WNBC/ Telemundo 47 Feria de Salud y Bienestar (la "Expo") para uso en los medios incluyendo internet y televisión. Su entrada a la Expo sirve como acuerdo voluntario para aparecer (o para que su hijo (a) menor de 18 años aparezca) en escenas a exhibirse como parte de esta y cualquier otra producción de NBC Universal en cualquiera y todos los medios del mundo, sin limitación, incluyendo publicidad y promociones. Usted no recibirá ninguna forma de pago por el uso de su imágen y renuncia a cualquier derecho de ejercitar cualquier acción legal en contra de NBC Universal, New York Giants, New Meadowlands Stadium Company LLC., compañías relacionadas, subsidiarias (que sean o no enteramente propias), afiliaciones, divisiones y sus oficiales, agentes, representantes, empleados, sucesores y asignados para ese uso. Si usted no está de acuerdo con las condiciones mencionadas y no desea ser grabado en cámara como parte del programa, por favor no atienda a la EXPO donde se estará grabando. Agradecemos su cooperación.

iBienvenidos!

Sabemos que la salud y el bienestar son sumamente importantes para nuestros televidentes y todas las comunidades hispanoparlantes a las que servimos en el área tri-estatal. Por eso, en Telemundo 47, nos sentimos sumamente orgullosos, de servir una vez más, como coanfitriones de la EXPO de Salud y Bienestar 2019, presentada por Quest Diagnostics.

Como hogar y canal oficial en español de la Copa América y la Copa Mundial Femenina de la FIFA™ 2019, Telemundo 47 se complace en ofrecer a todos los asistentes una extraordinaria área de fútbol, en donde usted podrá ver la cobertura de varios partidos en vivo en pantallas gigantes.

Mientras disfruta de todas las actividades que ofrece la EXPO, aproveche también la oportunidad de conocer y saludar, en persona, a nuestros equipos de Noticiero 47 Telemundo y La Autoridad en el Tiempo. Además, podrá visitar nuestro centro meteorológico para conocer, de más acerca, lo último en alta tecnología para pronosticar el tiempo.

Además, no olvide sacarse un selfie y practicar sus habilidades de fútbol junto a los Red Bulls y Verónica Contreras, presentadora principal de deportes en Telemundo 47 y anfitriona de la EXPO.

Gracias por acompañarnos.

Cristina Schwarz
Presidenta y Gerente General
Telemundo 47 / WNJU



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The NBC 4 New York & Telemundo 47 Health & Fitness Expo at MetLife Stadium is produced and managed by Network Events, Inc. Network Events, Inc. is an event development, marketing, sales and management firm specializing in the production of large-scale consumer events for media partners and professional sports teams. www.networkevents.tv

NOTE: In case of inclement weather, some outdoor booths and activities may not be open, but all indoor activities will be open regardless of weather. All information current as of June 13. 2019.

THE NBC 4 **NEW YORK TEAM**





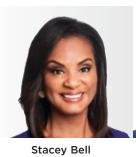












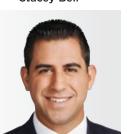


































Michael George







CONNECT WITH **NBC 4 NY INSTALL OUR FREE APP: #NBC4NY**

Adam Kuperstein

Jen Maxfield

Raphael Miranda

Rana Novini













Produce Pete































Tracie Strahan

Brian Thompson

David Ushery

Ray Villeda

Sarah Wallace

Drew Wilder



NBC 4 NY

7TH FLOOR

NEWS TIP LINE

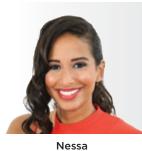
866-639-7244











Sara Gore

30 ROCKEFELLER PLAZA

NEW YORK, NY 10112

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EQUIPO TELEMUNDO 47











Allan Villafaña

Odalys Molina

Andrea Romero

Tairy Ynoa

5:30PM, 6PM & 11PM)







Nilda Rosario

Luis Gerardo Núñez

Yolanda Vásquez

Tairy Ynoa









Darling Burdiez

Edgardo del Villar

Verónica Contreras

Pedro Montoro



Alberto Rullán





Raengel Solís

VISITE NUESTRA PÁGINA WEB WWW.TELEMUNDO47.COM















Liz González





Ana Ledo







Pablo Gutiérrez



Eliecer Marte

Luis Alejandro Medina

Cristina Navarrete

Rafael Pujols

Ricardo Villarini





Victoria Sosa









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EXPO HOSTS / ANFITRIONES DE LA EXPO







Bruce Beck

NBC 4 NEW YORK, SPORTS ANCHOR / PRESENTADOR DE DEPORTES, NBC 4 NEW YORK

SATURDAY / SÁBADO:

9:30am • Opening Ceremonies (Plaza Stage)

3-4pm • NBC 4 & T47 Village

SUNDAY / DOMINGO:

Noon • Chalk Talk with Giants Legend Phil Simms (Plaza Stage)

1-3pm • NBC 4 & T47 Village

Verónica Contreras

SPORTS ANCHOR
TELEMUNDO 47 /
PRESENTADORA DE
DEPORTES TELEMUNDO 47

SATURDAY / SÁBADO:

9:30am • Opening Ceremonies (Plaza Stage)

1-2pm • Autographs, NBC 4 & T47 Village

SUNDAY / DOMINGO:

1-2pm • Autographs, NBC 4 & T47 Village

Nate Solder

OFFENSIVE TACKLE NEW YORK GIANTS

SATURDAY / SÁBADO:

9:30am • Opening Ceremonies (Plaza Stage)

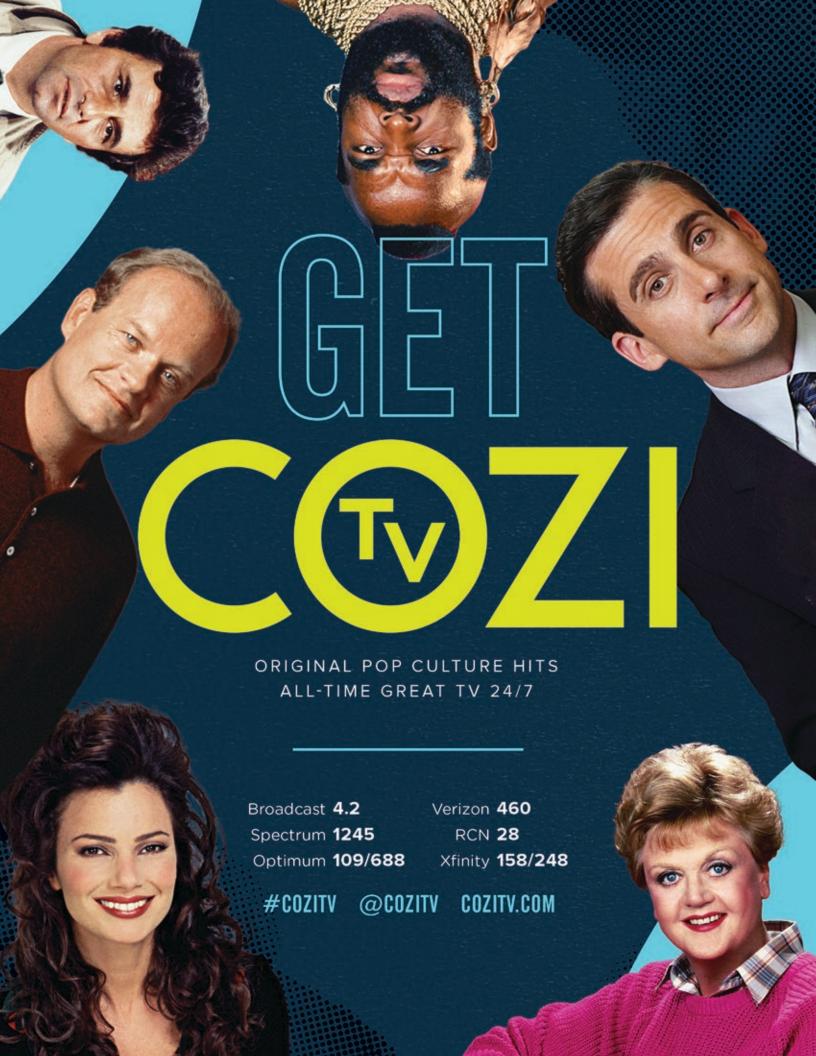
10-Noon • Selfies with a NY Giant (North Concourse)

SUNDAY / DOMINGO:

9am • Zen in the Zone (Field)

10-Noon • Selfies with a NY Giant (North Concourse)

^{*}Day and time of appearances is subject to change. / Día y hora de participación son sujetos a cambios.



SPECIAL GUESTS / INVITADOS ESPECIALES









Jocko Sims

ACTOR, PLAYS
DR. FLOYD REYNOLDS
ON NBC'S HIT
MEDICAL DRAMA
NEW AMSTERDAM

SATURDAY / SÁBADO:

9:30am • Opening Ceremony (Plaza Stage)

10-11am • Autographs and Selfies (NBC 4 & T47 Village)

Christian Guardino

AMERICAS GOT TALENT CONTESTANT & GOLDEN BUZZER WINNER

SATURDAY / SÁBADO:

11:30am • Plaza Stage

12-1pm • Autographs and Selfies (NBC 4 & T47 Village)

Chris Scott

TOP CHEF. SEASON 15

SUNDAY / DOMINGO:

12pm • Healthy
Cooking Stage

Phil Simms

NY GIANTS LEGEND

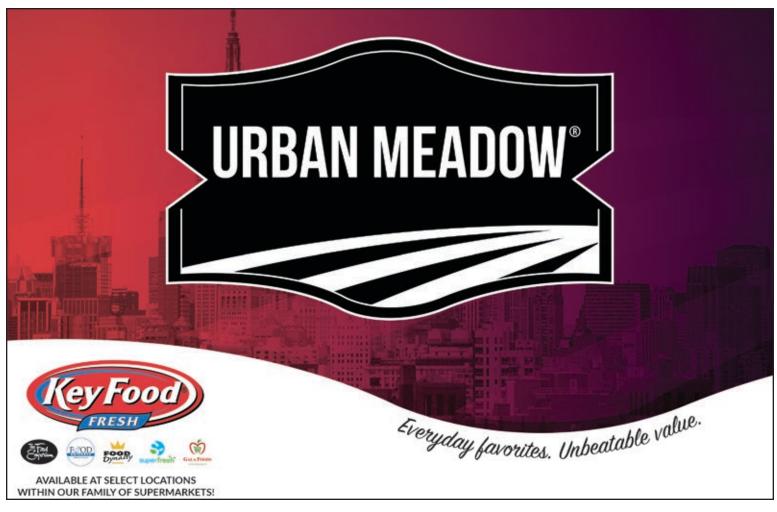
SUNDAY / DOMINGO:

12pm • Chalk Talk, Hosted by Bruce Beck, NBC 4 NY Sports Anchor (Plaza Stage)

1pm • Autographs in the Blue Point Club (North Concourse)

Life is a road trip and a healthy heart is one of the major destinations. Stop by the main plaza on Sunday at noon to get a roadmap for keeping your ticker in tip-top shape! Hear from George Batsides, M.D., Chief of cardiac surgery at Hackensack University Medical Center and NY Giants legend, Phil Simms, as they speak with NBC 4's Bruce Beck about keeping your whole family heart-healthy. From physical activity to nutrition, to annual checkups and risk factors, they'll be sure to cover all the bases. After the talk, meet Phil back at the Hackensack Meridian Health space, located at the Blue Point Room, for an autograph signing.





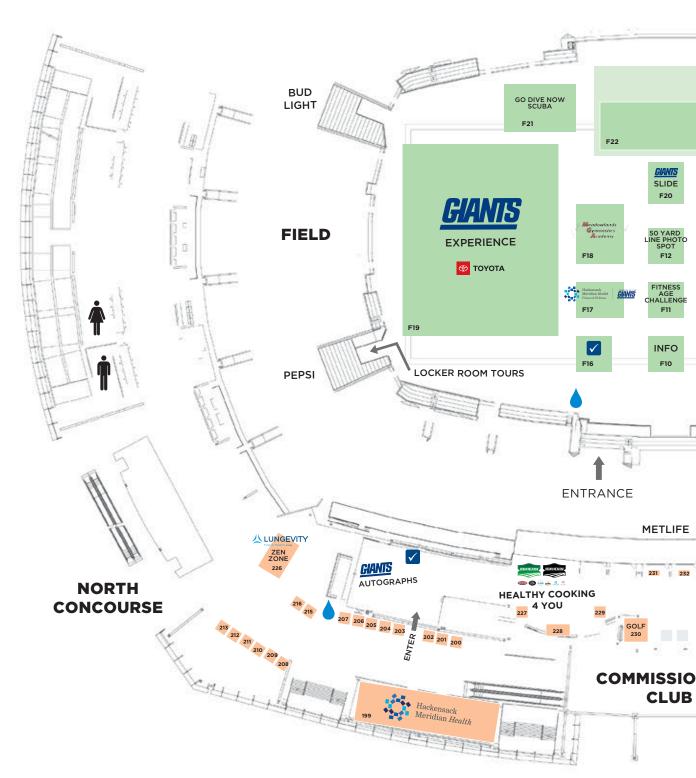
FLOOR PLAN: LEVEL 1





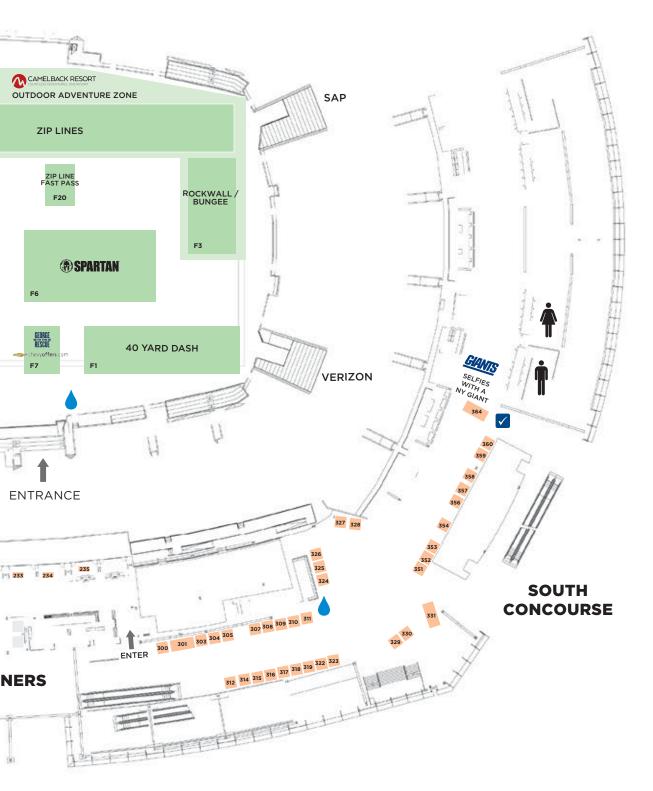
FLOOR PLAN: LEVEL 2 & FIELD













15





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ACTIVITIES & ATTRACTIONS / ACTIVIDADES & ATRACCIONES















New York Giants Locker Room Tours / Visitas A Los Vestuarios De Los New York Giants

Location / Ubicación: Field / Campo de fútbol

Giants Experience /

La Experiencia De Los Giants

Location / Ubicación: Field / Campo de fútbol Hosted by The Giants Sponsored by Toyota





Location / Ubicación: Field / Campo de fútbol Sponsored by Camelback Resort

ZIP LINE

All riders must obtain a "Zip Line Fast Pass" at the counter next to the zip line entrance. Please return to the zip line entrance at your designated time. Fast Pass quantities are limited. / Todos los participantes deben adquirir un "Zip Line Fast Pass" en el quiosco a la entrada del Zip Line. Por favor regresar a la fila del Zip Line a la hora asignada. La cantidad de "Zip Line Fast Pass" es limitada.

*RULES & REGULATIONS: • You must have a Fast Pass to ride the Zip Line. One person per Fast Pass • You must be at least 42" tall and weigh 45 lbs. • Maximum weight is 250 lbs. • NO OPEN TOED SHOES! / *REGLAS Y REGULACIONES: Debe tener un Fass Pass pars subir al Zipe Line. Una persona por Fast Pass. Tiene que medir por lo menos 42" de alto y pesar por lo menos 45 libras. Peso máximo es 250 libras. NO ZAPATOS ABIERTOS O SANDALIAS.

• ROCK CLIMBING / BUNGEE / ESCALAR EN ROCA

Soccer/Fútbol

Location / Ubicación: Plaza Hosted by the NY Red Bulls



Gymnastics / Gimnasia

Location / Ubicación: Field / Campo de fútbol Hosted by Meadowlands Gymnastic Academy





ACTIVITIES & ATTRACTIONS / ACTIVIDADES & ATRACCIONES



Hoops for Health

Location / Ubicación: MetLife Great Hall Hosted by Harlem Wizards



Pickleball

Location / Ubicación: Plaza #P36 Hosted by USAPA Pickleball



Fitness Age Challenge / Reto de habilidad acorde a su edad

Location / Ubicación: Field / Campo de fútbol

Dance Dance Revolution

Location / Ubicación: Booth #141 / Quiosco #141

50 Yard Line Photo Spot / Centro fotográfico

Location / Ubicación: Field / Campo de fútbol

Go Dive Now Scuba Pool

Location / Ubicación: Field / Campo de fútbol



Spartan Race

Location / Ubicación: Field / Campo de fútbol



George To The Rescue / George Al Rescate

Location / Ubicación: Field / Campo de fútbol Hosted by George To The Rescue Sponsored by Chevyoffers.com



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40 Yard Dash / Carrera de 40 Yardas

Location / Ubicación: Field / Campo de fútbol









NBC 4 & T47 VILLAGE / VILLA NBC 4 & TELEMUNDO 47

Location / Ubicación: Plaza

















Meet & Greet / Área de Bienvenida

Meet anchors and reporters from NBC 4 and Telemundo 47! / iConozca a los presentadores y reporteros de Telemundo 47 y NBC4!

StormChaser 4 / BuscaTormentasGet your photo with your favorite weather expert in front of

Get your photo with your favorite weather expert in front of StormChaser4 / Tómese una foto con su meteorólogo favorito frente a nuestro vehículo BuscaTormentas / StormChaser4.

StormRanger 4 / CazaTormentas

Check out the state-of-the-art StormRanger4 / CazaTormentas and learn how we track the weather with more accuracy using our new high-frequency S-band radar: StormTracker4 / TeleDoppler47. / Vea el ultramoderno CazaTormentas / StormRanger4 y aprenda como pronosticamos el tiempo con más certeza, usando nuestro nuevo radar Banda S de alta frecuencia: TeleDoppler47 / StormTracker4.

Clear the Shelters / Desocupar los Albergues



Meet your new best friend at our pet adoption truck. / Conozca a su nuevo mejor amigo en nuestro camión de adopción de mascotas.

Treat Truck / El Camión Regalón

Stop by for a treat! / iEncuentre aquí algo delicioso para comer!

Voice Chair & TODAY Show Desk

Take a Selfie at the Today Show Desk or Voice Chair! / iTómese un selfie en el escritorio del Today Show o en la Silla de La Voz!

Ellen Cash Grab

Ellen is looking for her super fans to win big! Enter your name for your chance to step inside the Ellen Cash Grab Booth and grab as many "Ellen Bucks" as you can. The top winner of each day will win a trip to see a taping of Ellen. / iEllen está buscando super fans para que ganen a lo grande! Inscriba su nombre para que tenga la oportunidad de entrar a la cabina "Ellen Cash Grab" y atrapar los "Ellen Bucks" que más pueda. El ganador de cada día ganará un viaje para estar presente en la grabación del show de Ellen.

Weather Presentations / Presentaciones del tiempo

Storm Team 4 and La Autoridad en el Tiempo invite you to get excited about weather! Join your favorite weather personality for a fun-filled presentation where you'll learn about the science behind our accurate forecasts. / La Autoridad en el Tiempo y el Storm Team 4 le invitan a conocer acerca del tiempo. Conozca a sus meteorólogos favoritos en una presentación muy divertida, en donde aprenderá toda la ciencia necesaria para dar un pronóstico del tiempo preciso.

SATURDAY / SÁBADO:

11am • Chris Cimino, Raphael Miranda, and Andrea Romero

2pm • Janice Huff and Pedro Montoro

SUNDAY / DOMINGO:

11am • Erica Grow and Raengel Solís

2pm • Dave Price

EN VIVO EN PANTALLAS GIGANTES



SÁBADO 6/22 1:30P PERÚ VS BRASIL

SÁBADO 6/22 1:30P BOLIVIA VS VENEZUELA

DOMINGO 6/23 1:30P QATAR VS ARGENTINA

DOMINGO 6/23 1:30P COLOMBIA VS PARAGUAY







SÁBADO 6/22 11A EQUIPOS POR CONFIRMAR Domingo 6/23 11A Equipos por confirmar



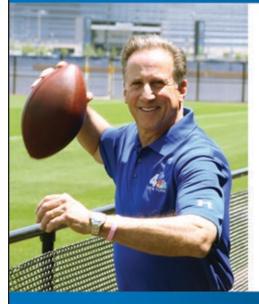


ANAL OFICIAL





TAKE BRUCE'S GIANT CHALLENGE



- ☐ CATCH a Touchdown Pass (Field)
- ☐ KICK an Extra Point (Field)
- RUN the 40 Yard Dash (Field)
- WORKOUT with NY Live (Sunday 11am @Plaza Stage)
- ☐ SHOOT with the Red Bulls
 (Plaza Field)
- DUNK with the Harlem Wizards (Great Hall)
- □ FREE HEALTH SCREENINGS from Quest Diagnostics (MetLife 50 Club)

Share on @ @NBCNewYork and we could feature you on our page! #EXPOCHALLENGE4NY

Visit the MetLife 50 Club today for a FREE health screening

> including cholesterol, blood sugar level, kidney function, and Vitamin D.

Enter for a chance to win tickets to the Giants Home Opener!

to purchase necessary to enter or win.
Void where prohibited.
18+ residents of the 50 US or DC.
Ends June 23, 2019 at 3-59pm EST.
Limit 1 entry per person.

SCHEDULE / HORARIO: PLAZA STAGE / ESCENARIO EN LA PLAZA

Location / Ubicación: Plaza



SATURDAY, JUNE 22 /
SÁBADO, 22 DE JUNIO

	5ADO, 22 DE 30MO
9:45	OPENING CEREMONY / CEREMONIA DE APERTURA
10:00	Metabolic Burn / Quema Metabólica NBCU FITNESS
10:30	DANCE PARTY! / iFIESTA DE BAILE! HACKENSACKUMC FITNESS & WELLNESS POWERED BY THE GIANTS / HACKENSACKUMC FITNESS & WELLNESS IMPULSADO POR LOS GIANTS
11:00	BODYCOMBAT TM HACKENSACKUMC FITNESS & WELLNESS POWERED BY THE GIANTS / HACKENSACKUMC FITNESS & WELLNESS IMPULSADO POR LOS GIANTS
11:30	Christian Guardino, America's Got Talent contestant and Golden Buzzer Winner / Concursante de America's Got Talent y Ganador del Golden Buzzer
12:00	Basketball Magic HARLEM WIZARDS
12:30	Les Mills Barre™ HACKENSACKUMC FITNESS & WELLNESS POWERED BY THE GIANTS / HACKENSACKUMC FITNESS & WELLNESS IMPULSADO POR LOS GIANTS
1:00	DA-GOGO GO-GO-FITNESS, DA-GOGO
1:30	America's VetDogs Service Dog Demonstration: Shetland with Valerie Cramer, Service Dog Program Manager NBCUNIVERSAL VETERANS NETWORK & NBCUNIVERSAL MYABILITIES NETWORK
2:00	Cardio Fusion NBCU FITNESS
2:30	Bellydance HACKENSACKUMC FITNESS & WELLNESS POWERED BY THE GIANTS / HACKENSACKUMC FITNESS & WELLNESS IMPULSADO POR LOS GIANTS
3:00	Wukkout! Caribbean Dance Fitness WUKKOUT! FOUNDER, KRISTA MARTINS!
3:30	STRONG BY ZUMBA MASTER TRAINER RICARDO ALAS / ENTRENADOR MAESTRO RICARDO ALAS

SUNDAY, JUNE 23 / DOMINGO, 23 DE JUNIO

10:00	Afro-Carribean Dance / Baile Afro-Caribeño HACKENSACKUMC FITNESS & WELLNESS POWERED BY THE GIANTS / HACKENSACKUMC FITNESS & WELLNESS IMPULSADO POR LOS GIANTS
10:30	Bootcamp Express NBCU FITNESS
11:00	Bootcamp Roulette with JazzFit and New York Live / Bootcamp Roulette con Jazzfit y New York Live
11:30	BODYATTACK™ HACKENSACKUMC FITNESS & WELLNESS POWERED BY THE GIANTS / HACKENSACKUMC FITNESS & WELLNESS IMPULSADO POR LOS GIANTS
12:00	Chalk Talk w/Phil Simms: Keeping Your Ticker in Tip-Top Shape! / Charla con Phil Simms: Cómo mantener a su corazón en buena forma GEORGE BATSIDES, M.D., CHIEF OF CARDIAC SURGERY AT HACKENSACK UNIVERSITY MEDICAL CENTER AND NY GIANTS LEGEND, PHIL SIMMS; HOSTED BY BRUCE BECK, SPORTS ANCHOR, NBC 4 NEW YORK / GEORGE BATSIDES, M.D., JEFE DE CIRUGÍA VASCULAR DEL HACKENSACK UNIVERSITY MEDICAL CENTER Y UNA LEYENDA DE LOS NY GIANTS, PHIL SIMMS; ANFITRIÓN: BRUCE BECK, PRESENTADOR DE DEPORTES, NBC 4 NEW YORK
12:30	Basketball Magic HARLEM WIZARDS
1:00	Mixxedfit NEW YORK MIXXEDFITS
1:30	New York Red Bulls Freestyle Crew
2:00	All Out with Orangetheory ORANGETHEORY FITNESS
2:30	STRONG BY ZUMBA MEADOWLANDS YMCA
3:00	Total Body Blast NBCU FITNESS
3:30	Carrithyms! Extreme Dance Program - Feel the Good Vibes! / iSiente las buenas vibras! KENDRA HYSON, CEO ALTERNATIVES FITNESS

SCHEDULE / HORARIO: HEALTHY COOKING 4 YOU / COCINA SALUDABLE PARA USTED

Location / Ubicación: Commissioners Club, 2nd Level / 2ndo nivel



SATURDAY, JUNE 22 / SÁBADO, 22 DE JUNIO		SUNDAY, JUNE 23 / DOMINGO, 23 DE JUNIO	
11:00	Grilled Mushroom Bruschette with Ricotta & Arugala / Bruscheta de setas a la parrilla con queso Ricotta y rúcula CHEF JOHN DESIMONE, PROJECT RENEWAL - CULINARY ARTS TRAINING PROGRAM	11:00	Taste of Tandori / El sabor de Ta CHEF DION CUCUTA, BERGEN COMMUNITY COLLEGE AND DISABLED COMBAT VETERANS YOUTH PROGRAM CULINARY CADETS
12:00	Ensalada de Quinoa Veraniega DENISSE OLLER, SOMOS		Southern Style Cauliflower Rice Seared Salmon / Arroz de colific
1:00	Urban Meadow Tuna Tacos with Mango Salsa CHEF FARYS ROJAS, EXECUTIVE CHEF, POP + POUR NYC	12:00	frijoles al estilo sureño, salmón a
2:00	Sugar Stabilization Through Eating Light: The Benefits and "How-To" of Stabilization Sugar Levels for Pre-Diabetes, Type 1 & 2 Diabetics / Estabilización del azúcar con comida ligera: los beneficios de controlar	e Benefits and "How-To" of Stabilization gar Levels for Pre-Diabetes, Type 1 & 2 1:00 abetics / Estabilización del azúcar con mida ligera: los beneficios de controlar	Grilled Shrimp Tostadas with Bla Bean Salsa / Tostadas de camaro la parrilla con salsa de frijoles no FERNANDO DESA, GOYA EXECUTIVE CHEF
	los niveles de azúcar y cómo hacerlo para la pre-diabetes y diabetes tipo 1 y 2 CHRISTOPHER ANACLETTO, NUTRITIONIST / NUTRITIONISTA, MEADOWLANDS YMCA	2:00	Quinoa Jambalaya CHEF JESSE JONES
	Crab & Lobster Crustini with Chipotle Aoli on Grilled Crunchy Bread / Crustini		
3:00	de cangrejo y langosta con alioli de chipotle en pan crujiente a la parrilla CHEF AARON AND FUTURE FOODIES AARON MORRISSEY, CHEF INSTRUCTOR, BERGEN COMMUNITY COLLEGE HOTEL / RESTAURANT CULINARY HOSPITALITY PROGRAM	3:00	Urban Meadow BBQ Chicken Brewith Black Bean Corn Salad CHEF FARYS ROJAS, EXECUTIVE CHEF, POP + P

11:00	Taste of Tandori / El sabor de Tandori CHEF DION CUCUTA, BERGEN COMMUNITY COLLEGE AND DISABLED COMBAT VETERANS YOUTH PROGRAM CULINARY CADETS
12:00	Southern Style Cauliflower Rice & Beans, Seared Salmon / Arroz de coliflor con frijoles al estilo sureño, salmón a la brasa CHRIS SCOTT, TOP CHEF SEASON 15
1:00	Grilled Shrimp Tostadas with Black Bean Salsa / Tostadas de camarones a la parrilla con salsa de frijoles negros FERNANDO DESA, GOYA EXECUTIVE CHEF
2:00	Quinoa Jambalaya CHEF JESSE JONES
3:00	Urban Meadow BBQ Chicken Breast with Black Bean Corn Salad CHEF FARYS ROJAS, EXECUTIVE CHEF, POP + POUR NYC











DO YOU HAVE A HEARING LOSS?

Captioned Telephone (CapTel*) service from New Jersey allows you to **LISTEN** and **READ** captions during your phone conversations!

- Built-in answering machine with captions
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We can help you manage a lung cancer diagnosis.



人LUNGEVITY

lungevity.org

SCHEDULE / HORARIO: ZEN ZONE / ZONA ZEN

Location / Ubicación: North Concourse



SATURDAY, JUNE 22 / SÁBADO, 22 DE JUNIO

11:00	Football Yoga HACKENSACKUMC FITNESS & WELLNESS POWERED BY THE GIANTS / HACKENSACKUMC FITNESS & WELLNESS IMPULSADO POR LOS GIANTS
12:00	Sun Salutations for the Start of Summer MEADOWLANDS YMCA
1:00	Hatha Yoga NBCU FITNESS
2:00	Les Mills Barre HACKENSACKUMC FITNESS & WELLNESS POWERED BY THE GIANTS / HACKENSACKUMC FITNESS & WELLNESS IMPULSADO POR LOS GIANTS
3:00	Not Just Yoga / No solo yoga LINDA TIRONI, SOUL II SOUL

SUNDAY, JUNE 23 / DOMINGO, 23 DE JUNIO

10:30	Not Just Yoga / No solo yoga LINDA TIRONI, SOUL II SOUL
11:00	Bliss Yoga HACKENSACKUMC FITNESS & WELLNESS POWERED BY THE GIANTS / HACKENSACKUMC FITNESS & WELLNESS IMPULSADO POR LOS GIANTS
12:00	Movement and Meditation / Movimiento y meditación MARY ANN FERNANDEZ, GYPSY YOGIS
1:00	Hatha Yoga NBCU FITNESS
2:00	Mat Pilates HACKENSACKUMC FITNESS & WELLNESS POWERED BY THE GIANTS / HACKENSACKUMC FITNESS & WELLNESS IMPULSADO POR LOS GIANTS
3:00	Yoga and Body Balance / Yoga y balance corporal MEADOWLANDS YMCA



TAKE OUR SURVEY

And be registered for a chance to win Four (4) New York Giants Training Camp passes!



Passes include: Access to VIP Viewing Area, complimentary food & beverages, and potential autograph and photo opportunities!

Stop by survey locations throughout the expo!

NO PURCHASE NECESSARY TO ENTER OR WIN. VOID WHERE PROHIBITED. 18+ RESIDENTS OF THE 50 US OR DC. ENDS JUNE 23, 2019 AT 3:59PM EST. LIMIT 1 ENTRY PER PERSON. FOR OFFICIAL RULES, VISIT INFO BOOTHS.

CONCESSIONS MENUS

MENU
4 pc Chicken Tenders \$12.00
3 pc Chicken Tenders \$10.00
Pizza\$10.00
Hot Dog, Chips, Soft Drink\$7.00
Turkey Wrap, Chips, Soft Drink\$7.00
Stadium Dog\$6.00
French Fries\$6.00
Cheese Fries\$7.00
Caesar Salad\$7.00
Fruit Cup\$7.00
Popcorn\$6.00

Pretzel Braid	\$7.00
Candy	\$5.00
Peanuts	\$5.00
Chips	\$3.00
Value Water	\$3.00
Value Soda	\$3.00
Value Pretzel	\$3.00
Value Popcorn	\$7.00
Souv. Soda	\$7.00
Bottled Water	\$5.00
Coffee	\$5.00
Hot Chocolate	\$5.00

TACO

\$10.00
\$10.00
\$10.00
\$5.00
\$5.00
\$5.00

PETITE GREENS

Farrow Salad	\$10.00
Baby Kale Salad	.\$10.00
Chopped Salad	.\$10.00
Chicpea Stew	. \$12.00
Quinoa Bowl	. \$10.00
Side Chicken	\$6.00
Vegetarian Wrap	. \$12.00
Waldorf Chicken Salad	. \$12.00
Fresh Squeezed Juice	\$8.00
20oz Bottled Water	\$5.00
Bottled Gatorade	\$5.00
Naked Juice —	
Coconut Water	\$7.00

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QUEST DIAGNOSTICS



For the seventh consecutive year, Quest Diagnostics is teaming up with our proud partner in health, the New York Giants, for the NBC 4 New York & Telemundo 47 Health & Fitness Expo at MetLife Stadium. As the presenting sponsor for this event, Quest Diagnostics is on-site offering attendees 18 years and older complimentary health screenings for cholesterol, vitamin D, kidney function and blood sugar level at the Quest Diagnostics Health Center, located in the MetLife 50 Club within the stadium's main Great Hall. This year, Quest will also be offering additional health screenings for complete blood count (CBC), thyroid function, Iron TIBC & ferritin and a prostate cancer screen PSA that can be purchased and drawn on-site through QuestDirect, our online consumer-initiated testing service provided to empower people to manage and take control of their healthcare.

Take advantage of this great opportunity to learn more about your health, while enjoying meet and greets with WNBC personalities and Giants players, family-fun activities, and your chance to win a fabulous Giants prize at the Quest Health Center!

TESTS, SCREENINGS, PRODUCTS & SERVICES / PRUEBAS, ANÁLISIS, PRODUCTOS & SERVICIOS



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2019 SEASON TICKETS

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